

## Carers

Are you an informal carer for a family member or friend? If so, the role you perform is incredibly important - to the person you care for, the practice, and our local community. We know that caring can have a considerable impact on your health and wellbeing, so to help you feel valued and avoid 'carer stress' there are steps you can take to support yourself.

Please complete and return our carer registration forms - we can then add you to our carer register so you can be identified and prioritised by staff, including getting annual health and wellbeing checks and flu vaccinations. If the person you care for agrees and fills in a consent form to share information with a third party, we can then share their information and decisions about their care with you.

## Weight loss medications

Although there has been a lot of media coverage of weight loss injections such as Mounjaro, access to these medications in the NHS remains very limited and our GPs are not able to prescribe them. However, please still make an appointment if you would like to discuss weight loss and healthy lifestyle advice in general.

## Consultation rooms available

Minchinhampton Surgery has a meeting room and several consultations rooms available for hire. Please email [glicb.theminchinhamptonclinic@nhs.net](mailto:glicb.theminchinhamptonclinic@nhs.net) or call 01453 883799 for more information.



## International Nurses Day May 2025

Piece of Cake? Our secretary Jo made this incredible cake in May for our staff to celebrate our wonderful team of nurses on International Nurses Day. A true piece of artwork and very tasty too!

# Minchinhampton Surgery



## Newsletter Summer 2025

**GP Partners:** Dr Simpson, Dr Cain, Dr Xerri, Dr Cooper, Dr Beard, Dr Walker,

**Registrars:** Dr Badhams, Dr Sivapragasam, Dr Maha

**Clinical Manager:** Ros Duncan

**Practice Manager:** Kerry Thompson

**Telephone:** 01453 883793

**Website:** [www.minchsurgery.nhs.uk](http://www.minchsurgery.nhs.uk)

## Staff News

### Say Hello, Wave Goodbye

We said a sad farewell to Dr Susie Weir on 11<sup>th</sup> July after 32 years at Minchinhampton Surgery. We wish her a long and fulfilling retirement. We have also said goodbye to our GP Registrar Dr Peter Wu and will be saying goodbye to our Assistant Practice Manager Sophie at the end of August. Sophie has been a driving force in the organisation of the move to the new building. She is starting a next chapter with an exciting & well-deserved trip to Australia.

We have welcomed our newest GP Registrar Dr Maha and we are pleased to announce that our new GP Partner from October will be Dr Chloe Martyn - some of you will remember Dr Martyn from her time as a GP Registrar here.

### Steph's Fundraiser

Our paramedic Steph completed the London Marathon on 27<sup>th</sup> April and followed this straight after by completing a 15000ft parachute tandem jump! She set herself this challenge to raise funds for both Maggie's Oxford Cancer Support Specialist Care and The James Clifford Campling Charity.

They support brain tumour research in the memory of James who passed away aged 29 following 4 years of suffering. James was a Critical Care Nurse in the Royal Air Force who worked closely with Steph's husband. Steph raised a total of £2,375 for these two vital charities.



*Well done Steph!*

### Large increase in patient numbers

Following the move to the new building, the surgery has received an unprecedented number of new patient registrations. This has had a temporary knock-on effect on our waiting times for appointments and we thank patients for being understanding of this.

## No need for the 8am appointments “scramble”

Our phone lines are open from 08:00-18.30 Monday-Friday with a 20-minute changeover at lunchtime. Our team of efficient and knowledgeable receptionists are very happy to speak to you. Appointments can be booked with your chosen GP up to six weeks in advance, or for more urgent matters we will book you a same-day telephone call back from our emergency team – please note that we no longer give out the name of the duty GP. Our team booked over 2,400 appointments in June this year – 836 of which were for same-day appointments!

We recommend that you also use the NHS App or sign up for online access through the surgery (SystemOnline). This way, you can book GP appointments online at your own convenience without having to call us. When booking online, please indicate in the free text box whether you would like have an “in-person appointment” or a “telephone call”.

## When to call 111 or 999

**111** can direct you to the best place to get help if you cannot contact your GP during the day or when your GP is closed. Depending on what you need, you might then be advised to:

- Call 999 or go to A&E
- Go to an Urgent Treatment Centre
- See an evening or weekend out-of-hours GP
- Book a callback from a nurse or doctor
- Get urgent specialist support for dental or mental health issues
- Contact your own GP surgery
- See a pharmacist for help with a minor illness
- Look after yourself safely at home

**999** should only be called for life threatening emergencies – including serious road traffic accidents, difficulty breathing, or suspected strokes and heart attacks.

